

# Your guide to mindful eating

Create a sustainable and balanced approach to  
fueling your body and mind.



# Create a healthy connection with food and yourself

Mindful eating is a practice that allows you to be more intentional with your eating habits. By focusing on awareness, choice, and self-compassion, you can develop a sustainable and balanced approach to the way you eat.

## Understand nutritional needs and preferences

Eat balanced meals that are emotionally satisfying and physically satiating. Tune into your unique needs and preferences - there are no restrictions on food when practicing mindful eating.

## Navigate emotional and environmental cues

From planning your meals, to grocery shopping, to cooking in your kitchen, use your knowledge of what your body needs. Make choices based on hunger and satiety cues - this awareness will mitigate influences by environmental cues, thoughts, emotions or impulses.

## Be compassionate with yourself

Being aware of your eating patterns and having positive meal experiences can help your mind feel more clear, calm and compassionate. Tune into your physical sensations, food preferences and emotional responses during your meal experiences.



## Take small steps

Assess your current eating habits and behaviors and decide what feels most important to you. Implement one change at a time until it feels normal. Whether it's taking more time with your meals, removing distractions at the table or engaging your senses in the present moment - there are many ways to create a healthy connection with food and yourself.

Learn more from the Health Coaching team:  
[ProvidenceHealthPlan.com/HealthCoach](https://ProvidenceHealthPlan.com/HealthCoach)

## Eat a variety of foods

When planning your meals, make sure to incorporate a variety of whole foods - try to fill half your plate with fruits and non-starchy vegetables. Change up the colors and textures to appeal to your senses and to get a variety of essential vitamins and minerals.

## Check-in before you eat

Take note of how you're feeling - determine if you're hungry, full, relaxed, stressed or emotional. Give yourself permission to eat more or less, depending on how hungry you feel.

## Change up your view

Make a screen-free date with yourself and allow your mind to focus on the delicious food in front of you. Notice your stress level and how you feel afterward.



## Practice mindful eating

Be the expert by bringing awareness to your eating experience and making choices from a place of inner guidance.

### 01 Be kind to yourself

Remember food is fuel. Choose a variety of whole foods that make you feel satiated and satisfied. Practice self-compassion as emotions come up before, during and after meals. Incorporate additional mindfulness practices into your weekly routine, like meditation, yoga or journaling.

### 02 Listen to your gut

Bring awareness to how you're feeling and the choices you're making. Listen to hunger and fullness cues, and navigate environmental and emotional cues. Give yourself permission to eat more or less depending on what will satisfy your current needs.

### 03 Choose nourishing and satisfying foods

Nourish your body by eating a variety of whole foods that you enjoy. Be mindful of the quality and source of your food and make balanced, sustainable choices.

### 04 Slow down

Take small bites, chew thoroughly and allow yourself time to eat – this allows your brain to recognize what you're doing, maximize your digestive power, and react with satiety.

### 05 Savor your food

Engage your senses by taking note of what you see, taste, hear and smell. This forces you to be present and really enjoy your meal experience.

### 06 Bring awareness to the table

Use your environment to train your brain to sit uninterrupted and focus on every delicious bite. Remove distractions – like scrolling through the news at breakfast, reading emails over lunch, or watching your favorite show during dinner.

# Detox, heart healthy salad

**A nourishing salad packed with colorful veggies, flavor and texture.**

Servings: 5

## Ingredients

### Salad

- 8 c. mixed greens and chopped kale
- ¼ c. fermented veggies of your choice
- ¼-½ c. canned chickpeas, drained and rinsed
- 1 small broccoli stalk, chopped
- 1 medium avocado, sliced
- 2 tbsp. cilantro, chopped
- 2-3 tbsp. dried blueberries or cranberries
- 1 tbsp. unsalted, roasted pumpkin seeds

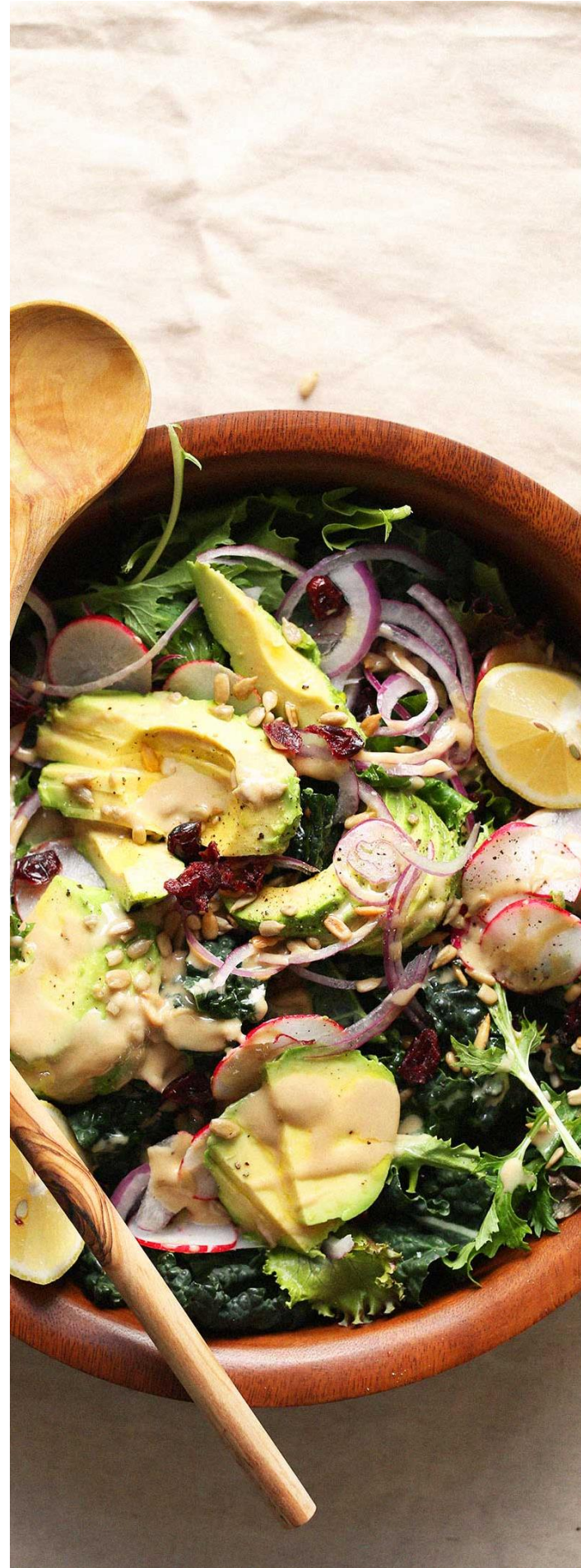
### Dressing

- ¼ c. tahini
- 2 tbsp. extra virgin olive oil
- 2 tbsp. lemon juice
- 1 pinch sea salt
- 1 pinch black pepper
- 1 tbsp. nutritional yeast

## Instructions

1. Add greens to a large serving bowl and top with fermented veggies, chickpeas, broccoli, avocado, cilantro, blueberries, and seeds.
2. Drizzle on tahini, olive oil, and lemon juice. No need to mix beforehand.
3. Season with salt, pepper, and nutritional yeast. Toss before serving.
4. Best when fresh. Keep leftovers (undressed) up to 3 days in the refrigerator.

A recipe from Colleen Kuhn, RD, Providence Health Coach



# Want to learn more about healthy eating?

Check out resources from these organizations:

## **Providence**

Health Coaching

[providencehealthplan.com/member-perks/health-coaching/resources-and-tools/](https://providencehealthplan.com/member-perks/health-coaching/resources-and-tools/)

Basecamp

[welcometobasecamp.org](https://welcometobasecamp.org)

Providence Blog

[blog.providence.org/nutrition](https://blog.providence.org/nutrition)

## **Physicians Committee for Responsible Medicine**

[pcrm.org](https://pcrm.org)

## **American Heart Association**

[heart.org/en/healthy-living/healthy-eating](https://heart.org/en/healthy-living/healthy-eating)

## **Food Hero, Oregon State University**

[foodhero.org/](https://foodhero.org/)

## **The Nutrition Source, Harvard University**

[hsph.harvard.edu/nutritionsource/](https://hsph.harvard.edu/nutritionsource/)

## **Headspace**

[headspace.com/mindfulness/mindful-eating](https://headspace.com/mindfulness/mindful-eating)





When you're healthy, you can feel inspired to do great things for your community and the world at large. We believe healthcare is a human right – everyone has a right to quality healthcare. We're dedicated to the health and care of every member of our community, no matter where they live or who they work for.

**Because everyone's well-being matters.**

Our Providence health coaches are here to support your journey to a healthier, happier life. Ready to get started? Our health coaching team will be glad to help. Call **503-574-6000** to begin the process.

**[ProvidenceHealthPlan.com/HealthCoach](https://ProvidenceHealthPlan.com/HealthCoach)**